



Aquatic Job Training!

Become certified to teach
swimming lessons or
lifeguard at the pool!

Water Safety Instructor Training

Learn the techniques and skills necessary to become certified by the American Red Cross to teach swim lessons! Bring swim suit(s), towel(s), writing tools and food for the day.

Pre-Requisite: 16 yrs old on or before the last class day. 'Try-Out': Must be able to swim all 4 competitive strokes and demonstrate Elementary Backstroke and Sidestroke. Opportunities exist for stroke development during 'Try-Out'. No fee for 'Try Out'. If accepted, must register by July 10 and the ARC online learning must be completed by July 13. Instructions for the online learning provided after 'Try-Out'.

Try-Out: Wed, Jul 8, 3-4pm
16 & up: Jul 14-23, Tue/Wed/Thurs, 12:30-6:30pm 331241.1
Location: Centennial Pool, 1201 Alpine St
Fee: \$35 fee paid to American Red Cross after successful completion of 'Try-Out'
+ \$130 resident/\$162 non-resident/
\$60 pending employees to City of Longmont

Longmont Swim Instructor (LSI) Training

Become certified to teach City of Longmont swim lessons to youth ages 3 to 12. Pre-Requisite: Ability to swim all 4 competitive strokes proficiently at least 15 yards by last class day. Must submit job application by last day of class.

15 & up: Apr 29-May 1, Wed-Fri, 4-7pm 221243.2
& May 2, Sat, 9am-12pm 221243.3
May 4-7, Mon-Thurs, 4-7pm 221243.3
Location: Centennial Pool, 1201 Alpine St
Fee: \$50 resident/ \$62.50 non-resident

Lifeguard Training + Waterpark Certification

Learn the basics of American Red Cross lifeguard skills and practices. First Aid and CPR/AED for the professional rescuer are included. Register by July 7 to ensure books.

Pretest: 300 yard continuous swim; half Front Crawl and half Breaststroke.

15 & up: Pretest: Tue, Jul 14, 3-5pm 311211.1A
Tue-Fri, Jul 21-24 2-8pm;
Sat, Jul 25, 9-5pm
Location: Sunset Pool, 1900 Longs Peak Ave
Fee: \$160 resident /\$200 non-resident

Junior Lifeguard Camp

Not old enough for the Lifeguard class? This is the next best thing! Learn water rescues and surveillance skills all while improving stroke technique! Admission fees for each facility are included.

11-14 yrs: Jun 16-19, Tue-Fri, 10am-1pm 331215.1A
Jul 14-17, Tue-Fri, 10am-1pm 331215.1B
Location: Tues-Longmont Recreation Center,
Wed-Centennial Pool, Thurs-Sunset Pool,
Fri-Union Reservoir
Fee: \$50 resident/ \$62.50 non-resident

Swim Instructor Aide

Enjoy working with youth and want to be a swim instructor, but not 15 yet? Learn how to assist instructors with swim lessons. After successful completion of class, year round volunteer opportunities are available with City of Longmont swimming lessons!

Pre-Requisite: Level 4 or Blast 2 swimming ability.

11-14 years:
Apr 20 & 22, Mon & Wed, 5-7pm 221242.3A
Apr 26 & May 3, Sun, 3-5pm 221242.3B
May 2 & 9 Sat, 9-11am 221242.3C
Jun 2- 3, Tue & Wed, 8:30-11:30am 321242.1
Jun 8-17, Mon & Wed, 6- 8pm 321242.3
Jul 14-15, Tue & Wed, 8:30-11:30am 321242.2

Location: Centennial Pool, 1201 Alpine St

11-14 years:
Jun 17-18, Wed & Thur, 9am-12pm 331242.1
Jul 29-30, Wed & Thur, 9am-12pm 331242.2

Location: Sunset Pool, 1900 Longs Peak Ave
Fee: \$20 resident/\$25 non-resident

Babysitter's Training

This American Red Cross course provides youth with the information and skills necessary to provide safe and responsible care for children while babysitting. Participants will develop skills in 5 critical areas: leadership, safety and safe play, basic care, first aid, and professionalism. Bring a pen or pencil and lunch and/or snacks.

11 to 16 years:
Jun 2, Tue, 9am-4:30pm 321231.1
Jun 23, Tue, 9am-4:30pm 321231.2
Jul 7, Tue, 9am-4:30pm 321231.3
Jul 20, Mon, 9am-4:30pm 321231.4
Aug 10, Mon, 9am-4:30pm 321231.5

Location: Sunset Pool, 1900 Longs Peak Ave
Fee: \$55 resident/\$68.75 non-resident

Babysitter's Boot Camp

Three classes in one--American Red Cross Babysitter's Training, First Aid, and CPR for infants & children. Includes two text books for later reference. Great for both experienced and novice sitters. Bring a pen or pencil and lunch and/or snacks.

12 & up: Jun 10-11, Wed & Thu, 9am-2pm 321232.1
Jul 8-9, Wed & Thu, 9am-2pm 321232.2
Aug 3-4, Mon & Tues, 9am-2pm 321232.3

Location: Sunset Pool, 1900 Longs Peak Ave
Fee: \$90 resident/\$112.50 non-resident

CPR & AED

This American Red Cross class covers CPR & AED for adults, children and infants.

12 & up: May 14, Thurs, 5-9pm 311211.1A
Jul 28, Tue, 9am-1pm 311211.1B

Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$65 resident/ \$81.25 non-resident

CPR/AED & First Aid

This American Red Cross course covers CPR & AED for adults, children and infants and First Aid.

12 & up: Jun 8 & 15, Mon, 5:30-8:30pm 311223.1A
Location: Sunset Pool, 1900 Longs Peak Ave

12 & up: Aug 16, Sun, 11-5pm 311223.1B
Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$85 resident/ \$106.25 non-resident

First Aid

The American Red Cross First Aid Basics.

12 & up: May 9, Sat, 9-11am 311222.1A
Location: Longmont Recreation Center, 310 Quail Rd
12 & up: Jul 9, Thur, 5:30-7:30pm 311222.1B
Location: Sunset Pool, 1900 Longs Peak Ave
Fee: \$50 resident / \$62.50 non-resident

We will bring CPR, AED, and/or First Aid Classes to your group of 6 or more! Please contact Heather at heather.deal@longmontcolorado.gov to set up a date(s).

Wilderness and Remote First Aid

Gain the knowledge and backcountry skills to be able to respond to emergencies and give care in areas that do not have immediate emergency medical services (EMS) response. This includes wilderness and remote environments, including urban disasters. Must have CPR certification prior to class.

14 & up: Aug 7, Fri, 5-9pm & Aug 8, Sat, 9-5pm 311224.1A
Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$75 resident/ \$93.75 non-resident

Adult Athletics

Adult Outdoor Archery

Archery is great for improving strength and concentration. Covers shooting skills, safety, scoring, types of equipment and terminology. All equipment is provided.

18 & up: May 20-Jun 10, Wed, 6-7:30pm 312342.B1
Jun 24-Jul 15, Wed, 6-7:30pm 312342.B2
Jul 29-Aug 19, Wed, 6-7:30pm 312342.B3
Instructor: Andrew Bennett, Level 2 Archery Instructor
Location: St Vrain Archery Club, S of Hwy 119 on WCR 5
Fee: \$60 resident/\$75 non-resident

Tennis Lessons

Please wear tennis shoes and bring a racquet and water bottle.
Location: Hover Park, 1361 Charles Dr

Ages 18 & up - Beginner: Tuesday/Thursday
Dates: Jun 2-18, 6-7pm 312606.T1
Jun 30-Jul 16, 6-7pm 312606.T2
Jul 28-Aug 13, 6-7pm 312606.T3
Fee: \$50 resident/\$62.50 non-resident

Ages 18 & up - Advanced Beginner: Tuesday/Thursday
Dates: Jun 2-18, 7-8:30pm 312616.T1
Jun 30-Jul 16, 7-8:30pm 312616.T2
Jul 28-Aug 13, 7-8:30pm 312616.T3
Fee: \$75 resident/\$93.75 non-resident

Adult Pickleball

Check out this fun, unique game best described as a hybrid of tennis and badminton. Join other active seniors up to four times per week.

55+ years: Monday-Thursday, 2-4pm
Location: Longmont Recreation Center, 310 Quail Rd
Fee: Daily Admittance

Senior Golf Association

Get out and play 9 holes of golf with other senior golfers at Sunset Golf Course. All levels welcome; no GHIN number required. This fun, noncompetitive, weekly group plays Fridays, May 15 through mid-October. Registration taken at the Longmont Senior Center.

Fee: \$16 resident/\$19 non-resident 287003.01
Informational Meeting: Apr 30, Thurs, 2pm,
at Longmont Senior Center, 910 Longs Peak Ave

Summer and Fall Coed Kickball

Break out the old rubber ball and come play kickball. This is a coed recreational kickball league played between two teams of 9 players – great for business teambuilding! Register through June 1 for summer and July 6-Aug 16 for Fall at the Longmont Recreation Center or on-line (packets available on-line).

16 to Adult: Garden Acres Ball Field, 2058 Spencer St
Summer Dates: Jun 9-Jul 28, Tuesdays
Fall Dates: Aug 25-Oct 16, Tuesdays
Total Team Fee: \$270
Two Payment Option: \$140 each payment = \$280

Summer and Fall Softball

Men's, Women's and Coed leagues are offered for ages 16 to adult. Register through Apr 26 (summer) or Jul 6-Aug 16 (Fall) at the Longmont Recreation Center or on-line (packets available on-line). Summer teams play 12 games, Fall teams play 8 games.

Summer Dates: May 4-Mid August
Total Team Fee: \$650
Three Payment Option: \$220 each payment = \$660
Free Agent Fee: \$60 resident/\$75 non-resident
Fall Dates: Aug 24-Oct 16
Total Team Fee: \$450
Two Payment Option: \$230 each payment = \$460
Free Agent Fee: \$44 resident/\$55 non-resident

Summer Adult Basketball

Two classifications of play offered, recreational and leisure. Register May 4-June 8 at the Longmont Recreation Center or on-line (packets available on-line). Each team plays 8 games. Must be 18 years old.

Wed Recreation League: Jun 10-Aug 5
Location: St Vrain Memorial Building, 700 Longs Peak Ave

Thurs Leisure League: Jun 11-Aug 6
Location: Longmont Recreation Center, 310 Quail Rd
Total Team Fee: \$400
Two Payment Option: \$205 each payment = \$410
Free Agent Fee: \$50 resident/\$62.50 non-resident

Fall Flag Football

Men's 8v8 Competitive and recreational leagues are offered. Registration accepted at the Longmont Recreation Center or on-line (packets available on-line). Register July 27 through August 24. Each team plays 8 games beginning Sept 1.

18 to adult:
Sandstone Ranch Turf Fields, 3001 E Hwy 119
Fall Dates: Sept 1 – Oct 20
Total Team Fee: \$470
Two payment option: \$240 each payment = \$480
Free Agent Fee: \$48 resident/\$60 non-resident

Sign up as a free agent in Adult Team Sports!
Free Agents are individuals who don't have a team, but want to play in an adult sports league.
Free agents will be combined to form a team(S).
Free agent registration is available on-line.